



CHILLI CON CARNE

For children you will add less spice and then add some fresh extra chili for the grown ups at the end (their portion). Serve with guacamole and sour cream mmmm!

2 onions, chopped
2 cloves garlic, chopped
1 red pepper
1 yellow pepper
1 red or yellow chilli, deseeded and chopped
Fry all together in a little olive oil, then set aside and cook the mince

500g beef mince
500g lamb mince
Sear your meat in a little oil until browned. Add the onion and pepper mixture to the mince once cooked. Then add the following:

1x can chopped tomatoes
Small tin of tomato puree
2 tsp cumin
2 tsp ground coriander
½ tsp curry powder
1 tsp brown sugar
Salt & pepper
Simmer for 1 hour, stirring occasionally. Then add the
1 tin of red kidney beans

Cook for a further 15/20 minutes and then add
1 bunch fresh coriander – serve with guacamole, sour cream and grated cheese over rice or baked potatoes.



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